

questions and answers including any answers that have been revised in the light of guidance. The print-out does not, however, set out the ethical and legal principles which have been portrayed on screen and may have influenced the user in revising his answer. This is a disadvantage if the 'case' is subsequently being used for group discussion.

I found the guidance and the conclusions to be very much in line with current thought although I was disappointed that I was told that it would be unethical for me to give any treatment purely for research purposes even to an adult who had been fully informed of the circumstances, was competent in every way and had freely given his consent. But this would be a case in which as the program states there may be a difference of view, and would be a basis for group discussion.

Technically the program is very easy to use and no knowledge of computing or even of typing is necessary. The User's Guide is clear, though it would have been helpful to have had a line on how to make a print-out rather than to be told to refer to the computer manual which is, as they all are, notoriously complex. With the disk comes free a copy of the *BMA Handbook of Medical Ethics*, the GMC's booklet on *Professional Conduct and Discipline* and the book *Doctors' Dilemmas* by Phillips and Dawson.

What then are the uses of this program? Not, I suggest, to give a young doctor an immediate answer to his ethical problem when faced with an emergency. Rather will it be useful to the student, undergraduate or post-graduate studying alone or as part of a group. The program will provoke thought and discussion. I enjoyed using it and, to the student and recent graduate who is accustomed to being stimulated and taught by computer rather than by books, it will be invaluable. The authors are to be congratulated on this innovation and we look forward to further programs in the series.

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Critical Issues in the Early Development of Premature Infants

Sibylle K Escalona, 284 pages, New Haven and London, £31.50, Yale University Press, 1987

In recent years advances in both understanding and technology have improved the survival rates for low birth weight (LBW) infants and attempts are now made to save babies previously considered non-viable. Along with these advances concern has been expressed that the number of surviving but handicapped infants may be increasing and there is growing interest in the quality of life of the survivors.

Centres all over the world are now reporting results achieved with modern intensive neonatal care and these data are providing evidence for considering whether and where limits should be set in supporting the lives of tiny, sick newborns.

Sibylle Escalona, a developmental psychologist, conducted a longitudinal study of 106 infants and their families who were part of one such large multidisciplinary research project, looking at the outcome of LBW survivors. The conduct and results of her study are the subject of this book. Each child and family was studied intensively until the child was aged 40 months. This has enabled detailed comparisons to be made of developmental achievement within each of the groups of intact survivors, those with neurological problems, and those with behavioural problems. Much of her study concentrated on factors which influenced the abilities of the survivors without handicap.

As would be expected socio-economic background was shown to have a marked effect on the outcome. Analysing this further Dr Escalona found that the development of the ability to control behaviour, so as to delay seeking immediate gratification of desires was learnt from the parents, and occurred earlier in the families from higher socio-economic backgrounds. Furthermore the IQ of these infants correlated with the age of development of this impulse control. Whether this correlation will outlast the pre-school period is not answered in this study.

The research findings are fleshed out by vignettes of some of the children and families in each of the groups.

Much of this book is only of specialist interest. Developmental psychologists interested in factors which vary with social background could use these findings to form the basis for further research enquiry. The more general reader will probably find this a book to

dip into or to skim, rather than to read comprehensively. The ethical aspects of providing intensive neonatal care are outside the scope of this book, and the absence of an index is a shortcoming.

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Growing Old in the Future

Steering Committee on Future Health Scenarios, edited by C F Hollander and H A Becker, 305 pages, Dordrecht, Netherlands, £34.50, Martinus Nijhoff, 1985

This book is concerned with predictions of future 'scenarios' for the health and social circumstances of the elderly in the Netherlands, by a committee of experts in medicine, public health, and the social sciences. It contains few figures and consists of detailed, mainly verbal, discussion of the likely patterns of factors influencing the health and health care of the elderly to the year 2000.

The so-called 'reference scenario' is based on an extrapolation of current trends, and this serves as a basis for the three other scenarios. These describe respectively the prospects in the event of increased demand for health care, decreased demand for health care, and finally in the case of two conceivable developments. The first is a five-year increase of the age at onset of dementia, the second is a breakdown of intergenerational solidarity so that children no longer care for their parents.

This book is interesting both for its careful analysis of the service implications of issues important throughout the developed world and for its clear illustration of the difficulties of prediction in complex social issues. Moderately different extrapolations of existing trends can lead to very different futures even over such a short period as the time remaining to the end of the century, and of course no trend can be relied on to remain constant. However, the 'scenarios' remain useful, if only as a basis from which to extrapolate the effects of unexpected technical or social developments.

The book includes no consideration of issues in medical ethics: for example, euthanasia is discussed only in terms of its effects on health services. The book

will be of interest mainly to those concerned with the planning of health care for large populations, both for its methodology and for its detailed consideration of many internationally important factors in such planning.

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Psychology, Ethics and Change

Edited by Susan Fairbairn and Gavin Fairbairn, 284 pages, London, £9.95, Routledge & Kegan Paul, 1987

This book provides a welcome contribution to the examination of the moral values that underlie attempts to bring about psychological change. The editors see the book as an introduction leading to further debate about ethical issues. It is a multi-author volume, and the separate contributions deal with diverse issues. As such, it does not attempt to provide a coherent analysis or answers to questions, but allows each author to present his or her own preoccupations. Examples of some of the issues covered are: the appropriateness of a scientific basis for psychological theories; ethical concerns of different models of therapy; appropriate goals of therapy; behavioural medicine, and a challenge to psychologists to face their responsibilities in the face of nuclear threat.

Different preoccupations lead sometimes to mutually exclusive conclusions. One contributor argues for the provision of psychotherapy for everyone, whereas others consider the possibility of a 'disabling' effect of psychotherapy, when experts take over roles formerly performed by people themselves or by family and friends. There are arguments, wearily familiar to psychologists, from contributors who present their own theoretical model as the only ethical one. Some abuse is hurled at behaviour therapy and at family therapy. Practitioners in these two therapies, perhaps the most overtly manipulative, have for a long time grappled with ethical considerations relating to their practices. It is sometimes those whose control is more covert who may be much more complacent.

The chapters which have most relevance to medical ethics are those to

do with psychological contributions to physical well-being. There is an excellent review by Rob Sanson-Fisher and Deborah Turnbull of the ethical issues involved in attempts to change the lifestyle of the community. They look at the ethics of health education and point out that giving information without providing the skills needed to change behaviour deprives a person of true autonomy to choose good health practices. They also point out the dangers of disregarding social contexts and working conditions in promoting individual responsibility for health. Also of interest are the issues involved in training medical students to be more effective communicators and considerations of autonomy and power in the doctor-patient relationship. There is a chapter by Annabel Broome on the benefits of psychological intervention in medical settings, and Richard Lindley questions the fairness in the distribution of health care and argues for psychotherapy being considered essential care.

A chapter on the ethical issues of psychotherapy for women, by Sue Llewelyn, concentrates on unethical behaviour which is especially important in relation to women, especially when the therapist is male. The occurrence of sexual abuse within the therapeutic relationship is examined as well as stereotyped attitudes towards women which may not be in their best interests. The author reminds us that all professionals who treat women with mental health problems need to consider what it is in the social context of women's lives that makes them disproportionately susceptible to mental health problems and to question whether the professional relationship doesn't reproduce some of these problems.

This book brings together people with a variety of viewpoints from within philosophy, psychology, psychotherapy and behavioural medicine. It provides some very lively and challenging reading and should be interesting to all those who are concerned with the moral dilemmas in psychological practice and also with the relationship between psychology and medicine. I would have liked to see some discussion of the ethical issues related to mental health and people from ethnic minorities but the book is a very stimulating introduction to a debate that has been surprisingly neglected in clinical psychology.

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Pastoral Care and Ethical Issues In and Out of Work: A Pastoral Perspective

Paul H Ballard, 192 pages, Edinburgh, £4.95, St Andrew Press, 1987

Paul Ballard trained for the Baptist ministry. His approach to work and employment as a pastoral concern is both sociological and theological. Indeed his book is one of large scope, even if it does not aspire to deal in any great depth with the variety of subjects it covers.

Ballard throws light on the recent history of employment in this country through many references to both Catholic and Protestant ethics and theologies of work. He also refers to modern political ideologies and economic theories.

Writing about the present, Ballard describes the trauma of losing one's job and unemployment. He analyses the degree of responsibility, engagement, work satisfaction and conflict entailed by different kinds of work. He examines the roles in society of both those who work and those who are unemployed. And he does so from the point of view of both the particular individual and those around him.

Viewing the pastoral care of both unemployed and employed against this wide background, the author takes the role of the counsellor to be largely educational. He does not see it solely as ministering to those in crisis but, instead more widely, as teaching people to make their own informed choices and to respond rationally and knowledgeably to their situations.

This book is both analytic and descriptive. It contains a detailed bibliography and, at the end of each chapter, a list of topics for discussion. It should provide stimulating reading for counsellor and counseled alike.

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Legal Aspects of Medical Practice